



EXECUTIVE SUMMARY 研究摘要

BACKGROUND The population of U.S. Chinese adults aged 65 and above has increased four times quicker than the general U.S. older adult population. This rapid growth means there is an increasing demand for elder care within Chinese families. Traditionally, family-oriented values influence the planning and organization of elder care in Chinese families. Filial piety prescribes that adult children are obligated to provide adequate support to their elderly parents. This demand and cultural precedent calls for a better research understanding of Chinese adult children as family caregivers.

Current data collection efforts mostly aggregate Asians as a single category, and therefore social and health data regarding Chinese Americans as a specific ethnic group have been scarce. Moreover, conceptual frameworks that have been used in prior research were developed based on Western populations, failing to identify the importance of cultural values within minority populations. In light of those factors, we only have a rudimentary understanding of culture and caregiving within Chinese families. Without a full understanding, public health and policy goals remain too underdeveloped to adequately support the family caregiving practices of Chinese adult children.

FILIAL PIETY STUDY With this mission in mind, The PIETY Study is the product of a synergistic collaboration between the Chinese Health, Aging, and Policy Program at Rush University, Northwestern University, and many community-based organizations and social service providers. With the full engagement of community members affected by these issues, our community partnership is guided by community-based participatory research (CBPR) approaches for the purpose of education, empowerment, and sustainable social change. Starting in 2011, we interviewed over 3,000 Chinese older adults through the PINE Study and heard the concerns of Chinese older adults.

To build on the PINE Study's efforts to understand the health and well-being of Chinese families living in Chicago, our team invited PINE participants' adult children aged 21 and above to participate in our PIETY Study. From 2012 to 2014, we conducted interviews with 548 adult children. Our multilingual

staff interviewed participants according to their preferred language and dialects, such as English, Cantonese, Toishanese, Mandarin, or Teochow.

KEY FINDINGS

DEMOGRAPHICS

- The average age of our study participants is 48 (Range: 22-76), with nearly 70% older than age 40; 66% are female and 81% are married.
- Nearly seven in ten (66%) of our participants have a high school education or less.
- Over 25% of our participants fall below the federal poverty line. Only 26% of our participants can speak English.

HEALTH

- Four in ten participants (40%) rated their general health status as fair or poor.
- Overall, 20% of our study participants live with one medical condition, 8% live with two conditions, and 5% live with three conditions or more.
- The average number of visits to physician is 4 times per year.

INTERGENERATIONAL SOLIDARITY

- One third of participants live with their parents in the same house. Many of them have daily face-to-face contact with their father (47%) and mother (27%).
- Adult children are more likely to perceive their fathers care about them compared to mothers (91% vs. 72%). Adult children perceive that their fathers understand them better than mothers (76% vs. 18%).
- More participants felt they could rely on their fathers for help than on mothers (57% vs. 12%). They perceive their mother criticizes more (24% vs. 14%) but father demands more (19% vs. 13%).
- More adult children reported having disagreements with their mothers than with their fathers in dealing with practical matters (40% vs. 15%).



CAREGIVING

- More than half of adult children in our study have to help their father (56%) and mother (61%) with instrumental activities of daily life.
- Most participants perceive their father and mother expect them to be the primary caregivers (66% and 71%) and that they are the actual primary caregivers (66% and 71%).
- Caregiver burden is common (73%). Time-dependence burden (67%) is the most frequently reported burden.
- Approximately 87% of adult children agree that the community should share a great amount of responsibilities in taking care of older adults.

FAMILY CONFLICTS

- Over half (60%) of the adult children screen positive for potential caregiver mistreatment. Having trouble with their parents' temper or aggression is common (25%).
- One third of our participants had been physically mistreated by their parents before turning 18 years old (28%), and 15% of them thought that was serious.

PSYCHOLOGICAL WELL-BEING

- In the last month, one third of participants (32%) felt that they are nervous and stressed, and 32% felt that they cannot cope with things they have to do.
- 21% of participants experience a sense of loneliness. Over half (54%) of participants present symptoms of anxiety.
- A total of 44% of participants displayed at least one depressive symptom in the past two weeks.

SOCIAL WELL-BEING

- Our participants are more likely to engage in monthly home-bound activities, including watching TV (97%) and reading (84%).
- One in ten participants have no relative who they can count on for help (10%).
- Nearly one in five (18%) participants have no friends with whom they can talk about private matters.

CONCLUSION & IMPLICATIONS Our FILIAL PIETY Report indicates that family-oriented values still play an important role within U.S. Chinese families. Many Chinese adults may experience significant problems taking care of older parents while themselves are vulnerable to poor health and well-being. Nevertheless, these health challenges represent tremendous opportunities for community stakeholders, social service agencies, and policy makers to work in concert to improve the health and well-being of Chinese Americans.

A multi-disciplinary partnership should be forged to support to Chinese Americans and their parents with bilingual services, social activities, and care programs. On the policy level, we need the broad support of state and federal law makers to integrate the importance of diversity and culture in existing and future legislation. We hope the information presented here will serve as a clear call to action for those who are invested in improving the health and well-being of the Chinese community in the U.S.